

# Sasebo SOUNDINGS

## Sasebo CBH receives fifth consecutive Zumwalt award

JO1(SW) Ron Inman  
CFAS Public Affairs

The dedication and initiative of its of military and civilian staff and cooperation with several Fleet Activities

Program Manager, Capt. J.T. Vasquez, cited the professionalism and drive to provide superior quality of life demonstrated by Sasebo CBH staff.  
“Confirmation of the five-star accreditation

command’s commitment to improving the quality of life for our customers.”  
Zumwalt award winners are designated every two years based on an accreditation program that rates each bachelor housing

In a fiscal year marked by significant budget cuts to support the cost of war, CFAS and Sasebo CBH made significant improvements to residents’ quality of life, regardless of financial constraints, by working together and being resourceful.

“CFAS’ public works and engineering departments provided invaluable assistance in day-to-day operations, and CFAS admin provided assistance with letters and instructions we are required to maintain,” CBH Officer CSCS(SW) Guy A. Gagui explained. In fact, inspectors cited Sasebo CBH’s strong administrative organization as a factor in their accreditation at the conclusion of the inspection.

“Morale, Welfare and Recreation (MWR) and CFAS public affairs also provided equipment and guidance which enabled us to set up an Internet café and Intranet web site – the first Intranet web site at a CBH facility in Japan,” Gagui said. “Our staff also designed and built our own gym for residents with equipment donated by MWR.”

Gagui added that Sasebo’s chiefs community also lent its support to ensure the CBH’s readiness for the Zumwalt inspections by conducting over 400 room inspections in the weeks before the final series of inspections.

“Earning five-star accreditation is the pinnacle of CBH awards,” Gagui said. “We’ve won this award five consecutive times because of the pride and professionalism of our staff and their considerable experience.”



Combined Bachelor Housing (CBH) managers, Petty Officer 1st Class Paul R. Bush and Petty Officer 2nd Class Raul Pasana, show pride in helping Sasebo’s CBH win the coveted Elmo R. Zumwalt Award for Excellence in Bachelor Housing for a record fifth consecutive year. (Official U.S. Navy Photo by JOSA Jeff Johnstone)

Sasebo (CFAS) departments has resulted in a record fifth Elmo R. Zumwalt Award for Excellence in Bachelor Housing for Sasebo’s Combined Bachelor Housing (CBH).  
In a letter dated July 30, Navy Housing

requires sound management, strong teamwork, consistent quality and a commitment to excellence. These characteristics were demonstrated in your program. This is a reflection of your

in Washington, D.C. The final step included a review and inspection of the facilities by Commander, Navy Installations Bachelor Housing inspectors to determine what accreditation level to bestow on the CBH.

## CFAS community sinks its teeth into Sasebo hamburger festival

JOSA Jeff Johnstone  
CFAS Public Affairs

The annual USA and Japan Friendship Sasebo Hamburger Festival took place Sunday, August 1, in downtown Sasebo City. The festival helped promote friendship among the Sasebo community, the Japanese military and their guests at Fleet Activities Sasebo (CFAS).

A vast array of entertaining activities awaited festival visitors, as the schedule of events featured activities for all ages.

CFAS representatives pitched their own tent and did their part to see to it that everyone had a good time at the festival.

“We set up some game booths here, including a bean bag toss for kids, as well as a pinball style game for them to play with,” said Dan Carey, Morale Welfare and Recreation (MWR) Business Manager.

Festival-goers had much to choose from as far as their taste buds were concerned, as Coca-Cola and Baskin Robbins offered a chilly escape from the heat.

And of course, as its namesake indicates,



### Spiderman at Sasebo

COMIC REACTION - Spiderman made a personal visit to Sasebo’s MWR Showboat Theater last week for the premiere of his new movie, Spiderman 2 to a sellout showing much to the delight of children and adults alike. He’ll spring into action again this weekend at the Hario Village Theater. Spiderman autographed special Spiderman comic books during the Showboat Theater premiere and will do so again this weekend at the Hario Village Theater while supplies last. (Photo by Frank A. DeSilva).

#### SASEBO WEATHER

##### Saturday

T-Storms  
High: 91° F  
Low: 78° F

##### Sunday

Mostly Sunny  
High: 91° F  
Low: 77° F

#### INSIDE

Sasebo hamburger festival, keeping ties with our Japanese hosts...page 2  
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#### DAYS SINCE LAST DUI/DWI

(as of August 5)

11

See hamburger festival, page 2 ...



CAPT. MICHAEL L. JAMES  
COMMANDER  
FLEET ACTIVITIES SASEBO  
252-3444

CMDR. BERNARD P. WANG  
CHIEF STAFF OFFICER  
FLEET ACTIVITIES SASEBO  
252-3444

MR. CHARLES T. HOWARD  
CFAS PUBLIC AFFAIRS OFFICER  
252-3029  
c00b@cfas.navy.mil

JO1(SW) RON INMAN  
EDITOR, SASEBO SOUNDINGS  
252-3485  
ronald.inman@cfas.navy.mil

JOSA JEFF JOHNSTONE  
STAFF WRITER/EDITORIAL ASSISTANT  
252-3409

ISAIAH MINCKS  
ALEC CULPEPPER  
SASEBO SPORTS

NAOMI SULLIVAN  
ASSISTANT EDITOR/COPY EDITOR

MELISSA DUQUE  
COPY EDITOR

#### VOLUNTEERS AND STRINGERS

BILL DOUGHTY – MEDICAL  
PHIL EAKINS – COLUMNIST  
JERRY HAVENS – FFSC  
LT. RON OKIALDA – MEDICAL  
LARA SANERS-VANNOY – TRICARE

#### CTF 76 PUBLIC AFFAIRS

LT. ED SISK  
JO3 JAMES KIMBER  
252-2810

#### FLEET IMAGING

PH1 (SW) MARVIN HARRIS  
PH2 (AW) JONATHON R. KULP  
PH3 IAN W. ANDERSON  
252-3559

#### MWR MARKETING

ALLISON FOO  
FRANK A. DeSILVA  
DEBRA ANDERSEN  
JEN MARTIN  
OLGO COVINGTON  
JASPER DIAZ  
252-3930

#### SPECIAL THANKS TO:

AMERICAN FORCES NETWORK-SASEBO  
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CFAS RELIGIOUS MINISTRIES  
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FLEET AND FAMILY SUPPORT CENTER  
DoDDS  
NAVY EXCHANGE-SASEBO  
USS ESSEX (LHD 2)  
USS HARPERS FERRY (LSD 49)  
USS FORT MCHENRY (LSD 43)  
USS JUNEAU (LPD 10)  
USS GUARDIAN (MCM 5)  
USS PATRIOT (MCM 7)  
USS SAFEGUARD (ARS 50)

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Sasebo Soundings  
PSC 476 Box 93  
FPO AP 96320-1100

## USS Harpers Ferry (LSD 49) returns from Vladivostok

JO2 Brian Biller

USS Harpers Ferry (LSD 49) Public Affairs

Aboard USS Harpers Ferry — USS Harpers Ferry (LSD 49) returned to its forward-deployed base of Sasebo, Japan, July 13 after its July 3-7 port visit to Vladivostok, Russia. The scheduled port visit allowed the ship's 421 Sailors and embarked Marines the opportunity to sightsee, shop, and enjoy recreational activities, as well as participate in sporting events and exchanges with their Russian navy counterparts.

The ship visited the Russian port along with the guided missile cruiser USS Cowpens (CG 63). Sailors and embarked Marines participated in a wreath-laying ceremony at the city's World War II memorial. Following the ceremony, members of the Russian Honor Guard were invited to a tour of the ship. Harpers Ferry Sailors and Marines also participated in a volleyball game against Russian athletes at the Olimpiyets Sports Complex.

"They were organized, it was a lot different than what we expected," said Electronics Technician 3rd Class Damian M. Aguilar.

"We gave it a valiant effort, our spirit was in the right place," said Harpers Ferry Commanding Officer, Cmdr. Humberto L.

Quintanilla II, who showed up to cheer his team on.

"We went down trying hard." Following



USS Harpers Ferry (LSD 49) returned to Sasebo July 13 after its July 3-7 port visit to Vladivostok, Russia. (Photo released by CFAS Public Affairs)

the volleyball game, a Fourth of July barbeque was held for Russian and Harpers Ferry Sailors and Marines on Pier 33 where the ship was moored.

"We showed them how to have fun, American-style," said Quartermaster 1st Class (SW) Reginald D. Thomas. Thomas said he enjoyed the ribs and karaoke probably as much as his Russian friends.

*hamburger festival ...from page 1*



The USA Japan Friendship Burger Festival in downtown Sasebo City Sunday featured something for visitors of all ages. Here, children meet and greet with the festival mascot, a Sailor bearing a striking resemblance to a hamburger. (Official U.S. Navy Photo by JOSA Jeff Johnstone)

the festival burgers galore.

"You can try about 14 different styles of hamburgers here," said Carey.

Speaking of burgers, the festival also featured a hamburger eating contest.

Traditional Japanese cuisine was available, as well as other American style choices.

The festival offered some 'side dishes' to go with those burgers.

"We have live entertainment like singing and dancing, vendors are selling arts and crafts and there is even a temporary tattoo booth here," said Carey.

The Japanese Maritime Self Defense Force (JMSDF) had an information tent with photos

The next morning, the Russians reciprocated by hosting Harpers Ferry Sailors to a tour of the Russian anti-submarine ship Admiral Panteleyev, moored nearby. After the tour, an Independence Day Celebration was held in the Harpers Ferry's well deck for Russian dignitaries, most notably Adm. Victor Fedorov, the Russian Pacific Fleet Commander, and Consul General of the American Consulate in Vladivostok, The Honorable Pamela Spratlen. The ship's executive officer, Lt. Cmdr. John P. Sanford, played host to Russian naval officers and sailors as they toured the ship. Sailors and Marines presented static displays of the ship and all the guests were treated to lunch aboard ship after the tour. Children from a local Russian orphanage also got a chance to see the ship. Static and interactive displays, and face painting by the Marines helped break the language barrier and brought warm smiles from all the children.

Harpers Ferry and Cowpens departed Vladivostok the morning of July 7, both crews taking back souvenirs and memories of a unique port visit. USS Harpers Ferry is a dock landing ship forward deployed to Sasebo, Japan, as part of the Navy's only forward deployed amphibious force.

Katayan, a sergeant major in the Japanese Ground Self Defense Force (JGSDF), was also excited to meet and greet with so many CFAS Sailors during the event.

"There are a lot of American Sailors here, and that is good. It is good to see so many people from the community enjoying the same things," said Katayan.

For the sports fan, a three-on-three basketball tournament took place, and for children, the famous Deca Rangers put on an exciting performance dazzling onlookers with their famous martial arts skills.

The festival lasted into the night and ended with a loud and exciting fireworks display that lit up the sky, and was visible even to onlookers on base.

"This festival is great, and I'll be back next year for another good time," said Katayan.

## Dog at Work...



Fleet Activities Sasebo (CFAS) Security Department's own Military Working Dog, Goof, takes a moment to enjoy his prize chew toy during a training exercise. (Official U.S. Navy Photograph by PH3 Ian W. Anderson)



# Stripes plans voting guide in upcoming issue

**Maria Luisa Hernandez**  
*Stars and Stripes, Central Office*

Washington, D.C., July 26, 2004 –For servicemembers stationed in foreign countries, from Iraq to Japan and anywhere in between, Stars and Stripes will publish a Voting Guide on Tuesday, August 17, as a supplement to the newspaper. The purpose of this timely guide is to help those soldiers serving their country abroad fulfill their civic rights and duties. Stars and Stripes wants to make the process as painless as possible by providing detailed information about the process.

Robb Grindstaff, Stars and Stripes associate editor, said,

“This special section will help inform the troops about how to register, how to order and mail their absentee ballots, who the candidates are, what the issues are, and where to get voting assistance if needed.”

This supplement will cover, among others, the following issues:

- Summary of the election and how the process has reached its present position.
- State-by-state information on registration procedures, how to request absentee ballots and how to cast absentee ballots. This item aims to help servicemembers avoid some of the problems, perhaps derived from lack of information, encountered during the 2000 presidential elections.

- Facts and figures about the contenders, stated views and/or voting records on military issues, weapons programs, etc.
- Information about where to get voting assistance.

This comprehensive how-to guide will be included in all Stars and Stripes editions, to give all troops, DoD civilians, and eligible family members, wherever they are located, assistance in exercising their right to vote.

As Grindstaff said, “We want to give servicemembers every opportunity to participate fully in the democracy they defend every day.”

For more information on voting call the Staff Judge Advocate’s (SJA) office at 252-3385.

# Safety Corner: Falling asleep at the wheel, drunk driving

**Charles Carr**  
*CFAS Safety Department*

Driving drowsy and driving drunk, is there a difference? Not much, says a national sleep expert.

In fact, a recent study found that between 200,000 and 400,000 collisions involving drowsy drivers occur each year, claiming as many as 6,500 lives.

So as Americans participate in summer time activities in which they tend to drink too much and stay up too late, it is important to know the following:

Drowsy drivers are falling asleep at the wheel (second only to drunk drivers). A drowsy driver and a drunk driver

are similar because of their reduced reaction time, inability to focus and pay attention to driving the car.

If you become aware that you are nodding off, then you are past the time you should have stopped. That’s a danger zone. Don’t continue driving because you will fall asleep.

Get out of the car and walk around. Rolling the windows down or drinking coffee to stay awake doesn’t cut it.

Sleep loss accumulates from night to night. Sleep shortages only continue to build. If a person gets six hours of rest but needs eight, within five nights, he has a ten-hour sleep debt. Most people notice a sleep shortage between ten and 20 hours. The result often leads to colds, other viruses, reduced cognitive abilities, and plain old crankiness.

Accidents involving drowsy drivers can be avoided if people made sleep a priority. Just as people are conscious of their diets and getting to the health club, make sure you are sleeping enough hours. Sleep shortage can be due to America’s 24-hour-a-day culture.

Things don’t shut down. People stay up longer for entertainment and get up earlier. Its so we can get things done, but the irony is we are less productive because we are tired. Scientists have found that the natural rhythm of humans put them in a lull between 2 a.m. to 4 a.m. and 2 p.m. to 4 p.m. those crucial hours when a person is likely to fall asleep or have an auto accident because blood pressure and temperature is lowered.

## Well connected...



USS Essex (LHD 2) crewmember David Stanley focuses intently on his laptop computer monitor while playing the Star Wars Galaxies game at the Harbor Café in the Harbor View Club. Stanley is one of many Sasebo patrons now using the latest “Wi-Fi” wireless Internet connection system recently installed there. With a connection time card from JENS (J-Spot), users with a laptop computer can go on-line anywhere in the popular eatery without wires or plugs while they enjoy ‘more than just coffee’ in a peaceful, relaxing atmosphere. A card machine is scheduled to be installed in the facility before the end of the month. Harbor Café offers many delicious specialty drinks, cakes & desserts, sandwiches and salads offered there. The Harbor Café is open Monday through Friday from 6 a.m. to 9 p.m. and Saturday, Sunday and Holidays from 7 a.m. to 9 p.m. (Photo by Frank A. DeSilva)

# Sexual assault study team to visit CFAS

**Rohana Hooper**  
*Fleet and Family Support Center*

A team from the office of the Naval Inspector General, Washington, DC will visit Command Fleet Activities Sasebo August 16 - 17 to study incidents of sexual assault within the Department of the Navy, and determine the responsiveness of the Sexual Assault Victim Intervention (SAVI) program. As part of their visit, they will facilitate focus group discussions to gain more insight, from a fleet perspective into the occurrences and command support during incidents of sexual assault. Each focus group will be composed of a cross-section of personnel and consist of approximately 20 people.

Selection will be made on a stratified and random basis, using the last digit of social security numbers. If you are selected to participate, you will be notified by your chain of command. Your views and honest input will be helpful as the Navy attempts to understand the scope and response to incidents of assault.

All military personnel are encouraged to participate in the Inspector General’s on-line survey regardless of whether they are selected to participate in a focus group or not. The survey address is <[http://www.ig.navy.mil/sas\\_study.htm](http://www.ig.navy.mil/sas_study.htm)>

A toll-free number set up by DoD for people who want to contact or provide information to the Department of Defense Task Force on Care for Victims of Sexual Assault.

9 a.m. to 9 p.m. EST,  
Monday - Friday

**(800)-497-6261**

for Care of Sexual Assault Victims

**hotline**

The Task Force Center  
Sasebo, Japan



# USS Harpers Ferry (LSD 49) completes underway demonstration with flying colors

JO2 Brian Biller

USS Harpers Ferry (LSD 49) Public Affairs

USS Harpers Ferry (LSD 49) completed its Underway Demonstration (UD) inspection with high marks June 21. Inspectors found the ship to be above the fleet average on cleanliness, material condition, and personnel proficiency.

Their grade of 'above average', "put us in a class of about five other ships in the Pacific Fleet," said Harpers Ferry Chief Engineer, Lt. Gregory E. Baker.

According to Baker, a UD covers all people, programs and machinery in the ship's engineering department, and is the most intensive inspection in the engineering world.

Sailors aboard Harpers Ferry reviewed programs and ensured all standards were met. In addition, Sailors worked long hours, taking part in drills in preparation for the inspection. Baker estimates close to 800,000 man-hours were spent in preparation for the inspection. Inspectors were able to complete the normally two-day inspection in just nine hours. Baker credits the successful inspection to the professionalism of the Sailors.

"We were able to do well because of the



USS Harpers Ferry (LSD 49) returned to Sasebo July 13 after its July 3-7 port visit to Vladivostok, Russia. (Photo released by CFAS Public Affairs)

teamwork found on Harpers Ferry," he said. The engineers in the main and auxiliary spaces stood watches every six hours, drilled

and trained every night.

"We trained harder than they tested," said Engineman 3rd Class (SW) Danny W. Pugh.

Baker thanked the engineers and the 'Tiger Team' for all their efforts in keeping the forward-deployed dock landing ship inspection ready.

The 'Tiger Team' was a group of nine Sailors from all departments who assisted the main space engineers in getting everything ready for the inspection. They cleaned, painted and preserved machinery spaces.

"There is no way that the main space engineers could have managed to do as well...without that help," Baker said.

"They did it," said Engineering Leading Chief Petty Officer, Master Chief Engineman (SW) Ricky Vance, of his junior Sailors. Vance said the the engineering team were motivated, hard-charging Sailors.

Following the UD, Harpers Ferry left for Vladivostok, Russia, for a scheduled port visit. Vance said the visit, was to give some well deserved down time to his Sailors.

"We had a few port visits with minimal liberty in preparation for the inspections," he said. "This time we get some liberty, and it's just what these guys need to unwind a little bit."

USS Harpers Ferry is a dock landing ship forward deployed to Sasebo, Japan.

## Commissary: Fast facts from your local grocery store

Defence Commissary Agency

Public Affairs

**Additional low-carb products have been added to many commissaries...**

An estimated 30-50 million people in the United States are currently living the low-carb lifestyle, vigilantly counting carbohydrate grams listed on the packages of everything they eat. Defence Commissary Agency (DeCA), has responded to this phenomenon by increasing the selection of low-carb products in many stores. Available now in larger commissaries are special low-carb sections that feature reduced-carbohydrate sauces, pastas, baking mixes, breads, salad dressings, breakfast foods and energy bars.

**DeCA's Web site provides link to official absentee voter information...**

Stocking the pantry and democracy: What might these two things have in common? It's more than you might think. The Defense Commissary Agency is working with the Department of Defense to educate uniformed and overseas citizens on absentee voting. For its part, DeCA has created a link on <<http://www.commissaries.com>> called Federal Voting Assistance Program. The link is connected to an official DoD site that is packed with helpful information, including topics such as absentee voting, individual state registration requirements and how to apply for an absentee ballot. The information is updated regularly and provides answers

to almost any voting-related question 24 hours a day, seven days a week. The Web site also contains links to all state election sites, providing information about upcoming elections, and links to official Web sites of U.S. Senators and Representatives. When surfing DeCA's Web site for the latest commissary news, be sure to click the Federal Voting Assistance Program link and check out this valuable resource.

**Reading, 'Riting, 'Rithmetic ... and Raisins?**

What do raisins have to do with the "three Rs"? They mean a lot for parents who are looking for nutritional back-to-school snacks to fill lunch boxes, stow in school backpacks or have on hand for hungry youngsters after school. Commissaries have these hand-held snacks that fit perfectly into the always-in-motion lifestyle of active youngsters. Some of the more popular back-to-school snack items are fruit cups, breakfast bars, cheese snacks, snack packs, vacuum-packaged drinks, salty snacks, cookies and pudding cups. And don't overlook the produce department! Apples, tangy oranges, juicy peaches, plums, grapes, crispy celery hearts, carrot sticks and other fruits and veggies make great back-to-school or after-school snacks. For the college crowd, commissaries offer shelf-stable microwavable foods, ramen noodles and single-serving size canned products. And when all else fails, rely on the old standby: peanut butter and jelly sandwiches.

## Christening on USS Harpers Ferry



Cyrus Alfred Corneja, son of Janette and EM1 (SW) Noel B. Corneja (left) is christened by Lt. Rean Enriquez, USS Essex (LHD 2) Catholic Chaplain. The ceremony was held on board USS Harpers Ferry (LSD 49) July 18. Zenaida and CS1 Mario Malong (right) were the appointed Godparents. (Photo released by CFAS Public Affairs.)









# UPCOMING EVENTS & MOVIES

## WANTED!

### Cooks, DJs, Duty Managers & Bartenders

For more information, see manager on duty, call 252-2980 or contact our MWR Personnel Office at 252-3328.

**GALAXIES CLUB**

Hottest Nightclub on Kyushu!

## NEED EXTRA MONEY?

**MONDAY**

Popcorn Shrimp Basket  
Served with French Fries & Cocktail Sauce

**TUESDAY**

BBQ Smoked Pork Ribs  
A Harbor View Favorite

**WEDNESDAY**

Linguine ala Carbonara & Grilled Chicken

**THURSDAY**

Spicy Andouille Sausage Jambalaya

**FRIDAY**

Grilled Alaskan Halibut  
Served with Fresh Spinach

**\$6.95**

Monday - Friday  
11 a.m. - 2 p.m.  
Served with a trip to the salad bar and your choice of iced tea or coffee.  
All entrees accompanied by chef's garniture.

## August

**LIVE COMEDY**

**HARBOR VIEW LUB**

MAE YAMANE  
TOMMY SCOTT

TUESDAY, AUGUST 24  
8 P.M., FREE

**Movie Schedule August 6-13**

**FEATURED PREMIERE**

**THE BOURNE SUPREMACY**

Rated: PG-13  
**BOURNE SUPREMACY**

Cast: Matt Damon, Franka Potente, Brian Cox, Joan Allen and Julia Stiles  
Genre: Action/Adventure, Drama and Thriller

Jason Bourne continues to find himself plagued by splintered nightmares from his former life. The stakes are now even higher for the agent as he coolly maneuvers through the dangerous waters of international espionage - complete with CIA plots, turncoat agents and ever-shifting covert alliances - all the while hoping to find the truth behind his haunted memories and answers to his own fragmented past.

**SHOWBOAT THEATER**

TELEPHONE: 252-3822

Movie Schedule subject to change without notice.

| FRIDAY, AUGUST 6  | SATURDAY, AUGUST 7  | SUNDAY, AUGUST 8   | MONDAY, AUGUST 9                                       | TUESDAY, AUGUST 10  | WEDNESDAY, AUGUST 11   | THURSDAY, AUGUST 12  | FRIDAY, AUGUST 13   |
|---|---|--|--|---|--|--|---|
| 5 p.m. (PG) Shrek 2<br><br>7:30 p.m. (PG-13) * Cat Woman<br><br>9:30 p.m. (PG-13) * Bourne Supremacy<br><br>Midnight (R) Troy | 2 p.m. (PG) *Around the World in 80 Days<br><br>5 p.m. (PG-13) *Dodgeball<br><br>7:30 p.m. (PG-13) Bourne Supremacy<br><br>10 p.m. (PG-13) Cat Woman<br><br>Midnight (R) Soul Plane | 2 p.m. (PG) Around the World in 80 Days<br><br>5:30 p.m. (PG-13) Dodgeball<br><br>8:30 p.m. (PG-13) Bourne Supremacy | 6 p.m. (PG-13) Raising Helen<br><br>8:30 p.m. (R) Troy | 6 p.m. (PG-13) Stepford Wives<br><br>8:30 p.m. (PG-13) The Terminal | 2 p.m. (PG) Around the World in 80 Days<br><br>5:30 p.m. (PG-13) Stepford Wives<br><br>8:30 p.m. (PG-13) Chronicles of Riddick | 6 p.m. (PG-13) Cat Woman<br><br>8:30 p.m. (PG-13) Bourne Supremacy | 5 p.m. (PG) *Two Brothers<br><br>7:30 p.m. (PG-13) *Village<br><br>10 p.m. (R) *Manchurian Candidate<br><br>Midnight (R) Troy |

**HARIO VILLAGE THEATER**

TELEPHONE: 252-8753

| FRIDAY, AUGUST 6  | SATURDAY, AUGUST 7  | SUNDAY, AUGUST 8  | MONDAY, AUGUST 9   | TUESDAY, AUGUST 10 | WEDNESDAY, AUGUST 11 | THURSDAY, AUGUST 12  | FRIDAY, AUGUST 13  |
|---|---|---|--------------------|--------------------|----------------------|--|--|
| 6:30 p.m. (PG) Garfield<br><br>9 p.m. (PG-13) Chronicles of Riddick | 2 p.m. (PG-13) I, Robot<br><br>6:30 p.m. (PG-13) Chronicles of Riddick<br><br>9 p.m. (PG-13) Stepford Wives | 2 p.m. (PG-13) I, Robot<br><br>6:30 p.m. (PG-13) Stepford Wives | NO MOVIE SCHEDULED | NO MOVIE SCHEDULED | NO MOVIE SCHEDULED   | 6:30 p.m. (R) Troy<br><br>No scooters, skates, skateboards, strollers or backpacks allowed in theaters.<br><br>No outside food or beverages. | 6:30 p.m. (PG-13) Dodgeball<br><br>9 p.m. (PG-13) Bourne Supremacy |

**DODGEBALL: A TRUE UNDERDOG STORY (PG-13)**  
*Starring: Ben Stiller, Vince Vaughn, Christine Taylor, Jason Bateman and Rip Torn*  
 A small local gym is threatened with extinction by a gleaming sports and fitness palace unless a group of social rejects can rise to victory in the ultimate dodgeball competition.

**AROUND THE WORLD IN 80 DAYS (PG)**  
*Starring: Jackie Chan, Steve Coogan, Jim Broadbent, Kathy Bates and John Cleese*  
 Passepartout, a Chinese thief steals a valuable jade Buddha and then seeks refuge with an eccentric London inventor and adventurer, Phileas Fogg. Phileas has taken on a bet with members of his gentlemen's club that he can make it around the world in a mere 80 days, using a variety of means of transportation, like boats, trains, balloons, elephants, etc. Along the way, Passepartout uses his amazing martial arts abilities to defend Fogg from the many dangers they face. One major threat to their adventure is a detective that's following them. Just as Fogg and Passepartout leave London, a major bank is robbed, with Fogg suspected of using the "around the world" trip as an excuse to escape. Their path from London and back includes stops in Paris, Turkey, India, China and the United States of America.

**CAT WOMAN (PG-13)**  
*Starring: Halle Berry, Benjamin Bratt, Sharon Stone, Lambert Wilson and Frances Conroy*  
 Patience Philips is a woman who can't seem to stop apologizing for her own existence. She works as a graphic designer for Hedare Beauty, a mammoth cosmetics company on the verge of releasing a revolutionary anti-aging product. When Patience inadvertently happens upon a dark secret her employer is hiding, she finds herself in the middle of a corporate conspiracy. In a mystical twist of fate, she is transformed into a woman with the strength, speed, agility and ultra-keen senses of a cat. Patience becomes Catwoman, a sleek and stealthy creature balancing on the thin line between good and bad. Her adventures are complicated by a burgeoning relationship with Tom Lone, a cop who has fallen for Patience but cannot shake his fascination with the mysterious Catwoman, who appears to be responsible for a string of crime sprees plaguing the city.

**TWO BROTHERS (PG)**  
*Starring: Guy Pearce, Freddie Highmore, Mai Anh Le, Philippine Leroy-Beaulieu and Jean-Claude Dreyfus*  
 An epic adventure story about the power of friendship, the bond between brothers and the spirit that connects us all. Two Brothers is a story of twin tiger cubs - one shy and gentle, the other, bold and fierce - who are born among temple ruins of an exotic jungle, but are one day separated by fate.





#### What To Do For Lunch Today?

Hungry for something different for lunch today? Try one of the daily specials offered this month at Galaxies. Their August weekday specials include chimichangas served with rice and beans on Monday, Italian meatball submarine sandwich with macaroni salad and chips on Tuesday, Korean-style chicken with rice and egg roll on Wednesday, chicken parmesan served with fettuccini, tossed salad and bread sticks on Thursday and chicken fried steak with whipped potatoes, buttered corn and a dinner roll on Friday. All daily specials come with a soda. You get the whole meal for \$5. Lunch specials are served Monday through Friday from 11 a.m. while supplies last. Call 252-2980 for more information.

#### Got Your Number...

Wednesday is Bingo Night at Harbor View. You can win hundreds of dollars if Daddy Mike calls your winning numbers. Bingo packages cost \$20 each, and more individual bingo sheets are available. You must be 18 or older to play. Call 252-3956 for more information.

#### Free Ride To The Beach

The Shirahama Beach shuttle bus makes round trips from Main Base to the beach every Sunday through August 29, courtesy of MWR. The bus departs Main Base from the bus stop across from the Commissary at 11 a.m., noon, 2 p.m. and 4 p.m. Return trips depart Shirahama Beach at 1 p.m., 3 p.m., 5 p.m. and 6 p.m. Children 12 & under must be accompanied by an adult. For more information call 252-3433.

#### See a Wallaby Up Close and Personal

Animal lovers will enjoy this trip to the popular Bio Park scheduled by the Travel & Tours Office on Sunday, August 15. Bio Park is an interactive zoo with wallabies, monkeys, llamas and other animals you can feed, pet and play with. You can also shop at quaint gift shops and food outlets you'll find along the trails. The cost is \$15 for adults, \$14 for children 12 to 17, \$10 for youngsters 4-11 and under \$4 for those 3 and under. Call 252-3433 today for more information.

#### Shoppers Paradise

The MWR Travel & Tours Office has scheduled a COSTCO Wholesale & Torius Shopping trip on Saturday, August 21. You can shop all day long with the COSTCO one-day pass that comes with the trip. All seats are \$12. Remember, COSTCO accepts American Express. For more information call 252-3433.

#### Get It In Gear

It makes sense to double check your wheels to make sure all is well before you leave on a fun-filled trip around Kyushu. Be sure to take advantage of the free Auto Hobby Shop oil change clinic every Sunday in August from noon until 4 p.m. to learn how to change your oil. A qualified attendant will assist you. You only pay for oil and filter. Be safe and save money. The Auto Hobby Shop is

located in Bldg. 1601 next door to the Four Seasons Store. For information call 252-2934.

#### Waterskiing With Sailing & Outdoor Adventure Center

A waterskiing trip is scheduled for Sunday, August 22 from 10 a.m. until 2 p.m. Let the Sailing & Outdoor Adventure Center take you and your friends out for a fun-filled four-hour session on the water. Call 252-3500 for more information.

#### Don't Know How To Swim?

A two-week course is available August 16-27 at the Main Base and Hario Fitness Centers. Cost is \$25 per person. You must sign-up before August 13 in order to participate. Space is limited, so sign up today. Swimming is a great way to stay cool during summer. Call 252-8961 or 252-3588 for more information.

#### Comedy Night At Harbor View

Marc Yaffee and Tommy Savitt are scheduled to perform at Harbor View Tuesday, August 24 at 8 p.m. Join us for dinner. Material is not suitable for children. Call 252-3965 for more information.

#### Galaxies Help Wanted

Galaxies needs cooks, duty managers and bartenders right now! Full time, part time and flexible positions available. If you're interested call 252-3328 for details.

## Living in Japan: Grocery store snacking protocol

I love visiting large Japanese supermarkets. While the passing out of free samples and tasty snacks isn't as common here in Sasebo as it is up north, around the Kanto Plains, you will still find the tables set up in Hyper Center where you are encouraged to try little sausages, bits of meat and cheese, mini-pizza bites, and other frozen items to entice you to buy the products.

When my wife Rose went to the market near the base in Atsugi, I would join her for the ride. It turns out that I loved accompanying her on those jaunts much

more so than she loved having me tag along. A simple trip to pick up some vegetables and Aji-No-Moto for the evening meal could easily turn into a ¥5000 buying-fest with me in tow.

Between 3 p.m. and 6 p.m., this place had at least a dozen people handing out every manner of food you could possibly pick up with a toothpick, from pickled vegetables to fried chicken. I found that I was an easy mark for any Japanese beer promotion.

Seeing my corpulent American self



JERRY HAVENS  
SUPERVISORY PROGRAMS MANAGER  
FLEET & FAMILY SUPPORT CENTER

strolling down an aisle, I would be enthusiastically accosted by young Japanese women proffering specimen cup size portions of the beer of the day from a silver tray.

While I abstain from alcohol, I didn't want to disappoint them by being rude and refusing their offers, and I must admit a drink was refreshing after my

ambulatory repast of tooth-picked appetizers. They would usually be so impressed by my

favorable reaction to the sample brew that they would ply me with more, just to see me smile.

By the time we got to the cash register Rose would place her meager purchases on the counter as I would plop down my overflowing basket of pickled veggies, wieners, frozen pizzas, and other snack entrees, along with a six pack of beer, which would languish in the back of our refrigerator for months until some guest would finally drink it.

I'm sorry, but I take my role as an international ambassador very seriously. To nosh on someone's free treats and then have the audacity to refuse to purchase the product just doesn't seem very ambassadorial to me.

I suppose that was the reason Rose would make me sit in the car whenever she would go in to shop.



### NOTES...

**New Hours**  
*USO Nimitz Park:*  
Monday through Thursday 10 a.m. - 6 p.m.  
Friday and Saturday 10 a.m. - 9 p.m.  
Sunday 10 a.m. - 6 p.m.

The Society for Creative Anachronism meets Fridays at 6:30 p.m.

*Fleet Landing:*  
Monday through Friday 9 a.m. - 4:30 p.m.  
Closed Saturday and Sunday unless there is a volunteer.  
Closed the morning of August 7 for floor waxing.

Eastwood furniture bazaar will be at Dragon Crest:  
August 6, 3 p.m. until 5 p.m.  
August 7, 9 a.m. until 5 p.m.  
August 8, 9 a.m. until 3 p.m.

Volunteer appreciation reception at Liberty Room at the Harbor View Club 4:30 p.m.

### Betcha didn't know about: Sasebo's underground Command Post

#### Phil Eakins Base Historian

How many of you have noticed the concrete structure jutting out from the side of the hill within the JMSDF Sasebo District Headquarters compound? Drive straight out the main gate toward Route 35; after you pass through the next traffic signal on your way toward the side street entrance to Main Base housing, look quickly to your left. What you see is the side entrance to the former Sasebo Naval Station underground air defense command post.

This command post was once the central air defense center for the entire Kyushu region; a smaller air

defense center was located at Kanoya in Miyazaki Prefecture. Naval personnel assigned to this post monitored a network of navy, army and civilian air warning and defense centers scattered throughout the Sasebo and Nagasaki areas. The command post also maintained contact with the Kure and Maizuru Naval Stations.

While the existing structure as seen from outside already looks fairly huge, the command post was actually much larger than it appears. The air defense center itself was located two levels below ground. According to a report submitted by the 5th Marine Division headquarters, this command post contained at least 17 rooms. Photos included in the report show huge wall-mounted maps of Kyushu and the

Sasebo area in the main plotting room that were used to track the progression of air attacks in the region. The condition of readiness of the various anti-aircraft batteries within the Sasebo region were maintained and displayed on the air defense center's plotting boards as well. Command post personnel also alerted the Sasebo and Omura air bases of air raids that entered the area so fighter aircraft could be scrambled to meet the threat. I was told the other day the former command post no longer exists and it appears that all entrances have been locked or sealed. It seems we have a new entry for the 'things that used to be' file!

Worship Services

Community Chapel,  
Main Base

**Roman Catholic**  
Sun. 9 a.m., Tue.- Fri. 11:30 a.m., Sat. 5:30 p.m.  
**Protestant**  
Sun. 11 a.m.  
**Protestant Sunday Schools**  
Sun. 9:30 a.m.  
**Catholic Catechetical Doctrine**  
Sun. 10:15 a.m.  
**Ladies Bible Study by Beth Moore**  
Wed. 9:30 a.m. & 6:30 p.m.- Music room  
**Christian Men’s Fellowship**  
Every fourth Sat. of the month, 8 a.m., Fellowship Hall.

Hario Chapel

**Protestant (Traditional)**  
Sun. 9 a.m.

**Roman Catholic**  
Sun. noon

**Episcopal**  
Sun. 5 p.m.  
<http://culdee.org>

**Protestant Sunday School**  
Sun. 9:45 a.m.  
**Catholic Catechetical Doctrine**  
Sun. 11 a.m.

**Ladies Midweek Bible Study**  
Wed., 9 a.m.  
**Youth Drama Group**  
Sun. 1:30 p.m.

Lay Congregations

**Episcopal Worship Service (Hario)**  
Sun. 5 pm. FMI <http://culdee.org>  
**Firebrand Holiness Service (Hario)**  
Sun. 2 p.m. FMI 252-7323  
**Church of Christ (CEC)**  
(non-instrumental), Sun. 10 a.m. at Main Base FMI 252-8122  
**Jewish Community**  
Contact Religious Ministries at 252-3380 FMI  
**Nichiren Daishonin’s Buddhism (SGI-USA)**  
Sat. 1 p.m. at the Community and Education Center (CEC). FMI 252- 8165  
**New Life Christian Fellowship (CEC)**  
Sunday School- 12:15 p.m. MB, Sunday Worship Service- 1 p.m. MB, Adult Bible Study - Fridays, 6 p.m. Hario. Prayer Meeting- Wed., 6 p.m., Hario. FMI 252-7332  
**Ladies Bible Study (CEC)**  
Tuesday 6:30 p.m.- Music Room FMI call 252-8632  
**Family Bible Study (Hario)**  
Wednesdays 7 p.m. FMI call 252-8632

Off-base  
Congregations

**Greater Harvest Holiness Church of God in Christ**  
Located in Daikoku-cho. Sun. 11 a.m. FMI 090-1517-7712  
**Church of Jesus Christ of Latter Day Saints**  
Missionary- 252-8279  
**Lighthouse Baptist Church**  
Sun. 11 a.m. & 6 p.m. Wed. 7 p.m. FMI, 33-9011 or 090-8914-8319.  
**International Christian Assembly**  
Assemblies of God; Sun. 10:30 a.m. & 5:30 p.m. FMI, 28-4063.  
**Iglesia Ni Cristo**  
252-2363 During working hrs.  
252-8453 After working hrs.

AFN-TV Schedule  
August 7-August 13

The following schedule is an abbreviated schedule. For a full schedule, please log on to [www.myafn.net](http://www.myafn.net) or check AFN Channel 5.

|                   | News   | Spect.   | Pac.  | Atlan.   | Sports   |
|-------------------|--|--|---|--|--|
| Sat.<br>Aug. 7    | 8 a.m. Wall Street Journal Report<br>11 a.m.-Headline News<br>4 p.m.- Capital Gang<br>6 p.m.- CNN People in the News     | 9 a.m.- Burt Wolfe's Local Flavors<br>2 p.m.- American President<br>6:15 p.m.- Indiana Jones and the Temple of Doom      | 8 a.m.- Kickin' it<br>1p.m.- Celebration of Victory<br>4 p.m.- MLB<br>8 p.m.- Bear in the Big Blue House              | 1 p.m.- MLB<br>4 p.m.- Saturday Night Live<br>8 p.m.- Headline News<br>10 p.m.- Christopher Closeup                | 10 a.m.- MLB<br>3 p.m.- Tennis<br>7 p.m.- PGA Tour<br>10 p.m NFL Live  |
| Sun.<br>Aug. 8    | 9 a.m.- Late Edition w/ Wolfe Blitzter<br>11a.m.- Fox News Live<br>4 p.m.- Fox Report<br>11 p.m.- Access Hollywood       | 12:30 p.m.- Indiana Jones & The Last Crusade<br>4 p.m.-The Wild Thornberrys<br>7 p.m.- Law & Order                       | 10 p.m.- Discover Card Countdown to Green<br>8 p.m.- Headline News<br>11 p.m.- Disney's Recess                        | 8 a.m.- Stargate SG-1<br>1 p.m.- MLB<br>4 p.m.- Headline News<br>8 p.m.- Meet the Press<br>10 p.m.- Sesame Street  | 1 p.m.- Tennis<br>4 p.m.- Baseball Tonight<br>11 p.m.- X Games X   |
| Mon.<br>Aug. 9    | 7 a.m.- The Early Show<br>9 a.m.- Fox News Live<br>12 p.m.- Headline News<br>7 p.m.- The NewsHour                        | 10 a.m.- Average Joe<br>1 p.m.- Scientific American Frontiers<br>4 p.m.- The Wild Thornberrys<br>7 p.m.- ER              | 1 p.m.- ESPN News<br>4 p.m.- Sesame Street<br>5 p.m.- Sagwa<br>7 p.m.- Oprah<br>11 p.m - Arthur                       | 8 a.m.- Jeopardy!<br>12 p.m.- 24<br>3:30 p.m.- Access Hollywood<br>8 p.m.- Headline News<br>10 p.m.- Sesane Street | 8 : 3 0 a . m .<br>SportsCenter<br>2:30 p.m.- Pardon the Interruption<br>4 p.m.- MLB<br>9 p.m.- Champ Car World Series |
| Tues.<br>Aug. 10  | 10 a.m.- Fox News Live<br>12 p.m.- Headline News<br>2 p.m.- Lester Holt Live   | 10 a.m.- Ed<br>1 p.m.- Star Wars<br>7 p.m.- Andromeda<br>10 p.m.- A Civil Action   | 1 p.m.- ESPN News<br>4 p.m.- Sesame Street<br>7 p.m.- Oprah<br>8 p.m.- NBC Nightly News                               | 11 a.m.- Moulin Rouge<br>1: 15 p.m.- Headline News<br>4 p.m.- MLB<br>8 p.m.- Headline News                         | 8 a.m.- SportsCenter<br>1 p.m.- The Hot List<br>4 p.m.- NFL Live<br>10 p.m.- Track & Field                             |
| Wed.<br>Aug. 11   | 10 a.m.- Fox News Live<br>12 p.m.- Headline News<br>2 p.m.- Lester Holt Live<br>7 p.m.- The NewsHour                     | 10 a.m.- The Amazing Race<br>2 p.m.- A Civil Action<br>7 p.m.- The West Wing<br>10 p.m.- Inspector Morse                 | 9 a.m.- North by Northwest<br>1 p.m - ESPN News<br>4 p.m.- Sesame Street<br>7 p.m.- Oprah<br>7 p.m.- NBC Nightly News | 8 a.m.- Jeopardy!<br>12 p.m.- Las Vegas<br>4 p.m.- MLB<br>7 p.m.- Baseball Tonight<br>8 p.m.- Headline News        | 3p.m.- SportsCenter<br>4 p.m.- MLB<br>7 p.m.- MLB<br>11 p.m.- SportsCenter   |
| Thurs.<br>Aug. 12 | 9 a.m.- Fox News Live<br>12:30 p.m.- Inside Politics<br>3 p.m.- Headline News<br>6 p.m.- Hannity & Colmes                | 9 a.m.- The Simpsons<br>2 p.m.-Inspector Morse<br>6 p.m.- The Dead Zone<br>7 p.m.- Boston Public                         | 9 a.m.- Babe<br>4 p.m.-Sesame Street<br>7 p.m.- Oprah<br>9 p.m.-Access Hollywood                                      | 8 a.m.- Jeopardy!<br>1 p.m.- Headline News<br>4 p.m.- NFL Live<br>8 p.m.- Headline News                            | 9 a.m.- ESPN News<br>5 p.m.- MLB<br>SportsCenter<br>11 p.m.- SportsCenter  |
| Fri.<br>Aug. 13   | 2 p.m.- Lester Holt Live<br>5 p.m.- Countdown w/ Keith Olbermann<br>6 p.m.- Hannity & Colmes<br>8 p.m.- BET Nightly News | 8 a.m.- The Wild Thornberrys<br>2 p.m.- Buffy the Vampire Slayer<br>6 p.m.- While You Were Out<br>7 p.m.- Trading Spaces | 3 p.m.- Clifford's Puppy Days<br>4 p.m.-Chalk Zone<br>9 p.m.- WWE Raw<br>11 p.m.- Lizzie McGuire                      | 12 p.m.- Alias<br>3:30 p.m.- Access Hollywood<br>9 p.m.- Headline News<br>11 p.m.- Chalk Zone                      | 8 a.m.- SportsCenter<br>5 p.m.- MLB<br>8 p.m.- MLB<br>11 p.m.- SportsCenter  |

Non-Profit Organizations

**Al-Anon**  
090-8229-7048, 090-9602-4353

**Alcoholics Anonymous**  
090-9602-4353, 090-8229-7048

**CFAS Wardroom Association**  
252-3452

**CPO Association**  
252-3521

**Exceptional Sailor Program**  
CFAS E-4 and below, 252-3385

**Filipino American Association**  
252-8361, 080-3228-5809

**Guardian Angels**  
Spouse support group. 090-5945-2150

**Navy League, Sasebo Council**  
252-3109

**Nippon Lodge Number 9**  
252-3481

**Officers’ Spouses’ Club**  
252-7345

**Sasebo Bluejackets Association**  
E-1 to E-6 personnel. 252-3481  
**Sasebo Eagles Little League Club**  
<[c30-dd@cfas.navy.mil](mailto:c30-dd@cfas.navy.mil)>  
**Sasebo First Class Association**  
Shore Duty E-6's. 252-2181/3347  
**Sasebo Homeschool Support Group**  
252-8195, 0956-58-7875  
**Sasebo Wrestling Club**  
252-2801

**Thrifty Treasures**  
252-8940  
**USS Essex Family Support Group**  
0956-32-2177  
**USA Girl Scouts Overseas**  
0956-49-5273  
**USO**  
252-3959

Community  
Numbers  
Branch Medical

Hours of Operation

Monday & Friday 8:30-11:30; 12:30 - 4 p.m.  
Tuesday & Thursday 7:30-11:30; 12:30 - 4 p.m.  
Wednesday 8:30-11:30  
Appointment Line: 252-2550  
Hario Annex Clinic: 252-8770  
Online Medication Refill: <[www.nhyoko.med.navy.mil](http://www.nhyoko.med.navy.mil)>  
TRICARE Health Line: 005-3111-4621  
TRICARE Enrollment: 252-2572

EMERGENCY NUMBERS

On Base: 9-1-1  
Off Base: 0956-23-9911  
Patient Comment Line: 252-2536  
Or send e-mail to: <[SASOIC@nhyoko.med.navy.mil](mailto:SASOIC@nhyoko.med.navy.mil)>

Branch Dental

Hours of Operation

Mon.-Tue., Thu.-Fri. 7:15 - 4 p.m.  
Wed. (Hario closed) 7:15 - noon  
Sick Call 7:15 - 9 a.m.  
Main Base: 252-3886  
252-3747  
Hario: 252-8977  
**EMERGENCY NUMBERS**  
After Hours: 252-2550  
252-2551  
Cell: 080-5059-6754

CFAS Security

Lost and Found 252-2392  
Desk Sergeant 252-3446 or 3447  
Security Operations Officer 252-2371  
Security Administration 252-2386

Fire Department

Business lines  
Information/Dispatcher 252-3408/3518  
Dispatcher 252-2144  
Fire Chief 252-2147  
Prevention Chief 252-2139  
Training Chief 252-2149  
Fire Prevention Offices  
Main Base & Hario 252-2142/2163  
Ordnance Area 252-2162  
FISC Areas 252-2166

EMERGENCY NUMBERS

On Base: 9-1-1  
Off Base: 0956-23-9911

Other numbers

Command Chaplain 252-3380  
Fleet & Family Support Center 252-3604  
CFAS Quarterdeck 252-3311  
Navy Relief Society 252-3366  
CFAS Public Affairs (Shore-based commands) 252-3409  
CTF-76 Public Affairs (Sea-based commands) 252-2131  
USO 252-3959  
Navy Lodge 252-3608  
AFN 252-3869  
1575 Thunder Radio 252-1575  
Command Connections 252-2290



# Annual kids festival brings families together for fun and games

**JOSA Jeff Johnstone**  
**Naomi Sullivan**  
*CFAS Public Affairs*

Morale, Welfare and Recreation (MWR) interns got the chance to organize the second annual children's festival Saturday, July 31 at Hario athletic field.

Families showed up to enjoy an atmosphere geared towards kid's entertainment with air toys, a scavenger hunt, relay races, a balloon toss and even a showing from Spiderman in the early evening.

"The weather was fantastic, and I think the community enjoyed having a family day," said Christy Wagon, coordinator for the children's festival. "We estimated about 600 parents and children attended the festival, with a high participation from the parents [so] that was fantastic," said Wagon. Jacqui Weaver, a Hario resident, took her daughter Rebecca, who had a great time, "The games were really good and a lot of fun, the kids were particularly excited about the dragon air toy and getting autographs from Spiderman."

Families especially enjoyed the relay races, with the kids being able to pair up with their



*Lt. Cdr. Rick Gilbert takes part in the water balloon throwing contest with his daughter Braylee Saturday at the second annual kids festival. (Photo by Naomi Sullivan.)*

friends or parents.

"We had very high participation in the relays, which we were not expecting. It was a great surprise," said Wagon.

There was a scavenger hunt where children moved around different stations and participated in various games. Although there were no prizes won for playing the games, after the hunt was completed the kids could enter for a raffle drawing where a range of prizes were given away. There were board games, cards, stuffed animals, gift certificates for brunch at the Harbor View Club and the grand prize was a gift certificate for Travel and Tours.

"The scavenger hunt provided an opportunity for families to win a \$100 gift certificate from Travel and Tours," said Wagon. "This was a great opportunity to give the community some awareness of the trips that Travel and Tours offers on the weekend for families and in general," added Wagon.

To finish off a great afternoon the first 250 participants to finish and turn in the scavenger hunt cards had the chance to go to the premiere

showing of Garfield at the village theatre for free, courtesy of MWR.

"This was a very successful day and we are glad that we gave the community something to do as a family," concluded Wagon.



*Farishta Estok and her sister Mariam, wait to participate in a relay race at the kids festival Saturday at the Hario ballfield. (Photo by Naomi Sullivan.)*

## Saying goodbye...



*Friends for years, JMSDF Master Chief Hidetaka Ideta embraces USS Harper's Ferry Command Master Chief (CMDMC) Robert Palmer who retired July 30, after 33 years of service. Looking on is CFAS MWR's Dave Glazier. Before his Harper's Ferry assignment, Palmer was CMDMC at CFAS. Guest speaker for the retirement was RDML Gary R. Jones, Commander Task Force 76. (Photo released by CFAS Public Affairs.)*

## Bos'n picks up Sasebo's Chief Warrant Officer - 5 promotion

**JO3 James Kimber**  
*Amphibious Force U.S Seventh Fleet Public Affairs*

The new rank was authorized in October 2002 beginning with the fiscal year 2004 selection cycle.

The CWO-5 rank is limited to five percent

Commander, Amphibious Group One (CPG ONE) promoted the first 'Bos'n' in the Pacific Fleet to the Navy's newest rank, Chief Warrant Officer 5 (CWO-5), July 30 in Sasebo, Japan.

Chief Warrant Officer John E. Reilly, CPG ONE staff boatswain, was one of 17 Sailors recently promoted from CWO-4 to CWO-5 as part of the Navy's gradual five-year phase in of approximately 80 CWO-5 billets.

"I don't think I'm deserving of anything special. This is what happens when you are good enough to be a chief and too dumb to be an ensign," said the Long Island, N.Y., native who enlisted in 1976 with aspirations of being a Boatswain's Mate 3rd Class.

"I get to wear this uniform only because of the hard work from the deck seamen, the boatswain's mates and the chief petty officers who worked for me. They promoted me."



*Chief Warrant Officer (CWO - 5) Reilly was recently promoted. Reilly is the first in Sasebo to receive this promotion. (Photo released by CFAS Public Affairs.)*

of the approximate 1,750 active-duty CWOs in the Navy.

Amphibious Group One is the Navy's only permanently forward deployed amphibious task force.







# CLASSIFIEDS

## VEHICLES

(Exp. Aug. 7) **1989 Toyota Master Ace**, JCI '05, asking \$1000 obo. Call 090 1971 0581.

\*\*\*\*\*

(Exp. Aug. 7) **1992 Nissan Skyline**, JCI '06, asking \$2100. Call 252-8299.

\*\*\*\*\*

(Exp. Aug. 7) **1994 Nissan Serena**, JCI '05, asking \$3500. Call 090 7534 4231.

\*\*\*\*\*

(Exp. Aug. 7) **1990 Nissan 300ZX**, JCI '06, asking \$3500, available July 16. Call 252-3747 or 252-8491.

\*\*\*\*\*

(Exp. Aug. 7) **1992 Toyota van**, JCI '05, asking \$1700. Call Jeff at 252-2584 or 20 8064.

\*\*\*\*\*

(Exp. Aug. 7) **1996 Subaru Legacy**, JCI '06, asking \$1700. Call 252-2273.

\*\*\*\*\*

(Exp. Aug. 7) **1991 300ZX T-Top Fairlady**, asking \$5700 OBO. Call 252-8455 or 090 4586 4947.

\*\*\*\*\*

(Exp. Aug. 14) **1994 Nissan Prairie van**, JCI '05, asking \$2200. Call Beth 090 5725 5463 or 252-7300

\*\*\*\*\*

(Exp. Aug. 14) **1992 Honda Legend**, JCI '05, asking \$2500. Also selling **1988 Mazda Carol**, JCI '06, asking \$800. Call Arnel 252-8628 or <valdez@sba.attml.ne.jp>.

\*\*\*\*\*

(Exp. Aug. 14) **1992 Nissan Pulsar**, JCI '05 asking \$850. Call Eileen 252-8960 or 252-8119.

\*\*\*\*\*

(Exp. Aug. 14) **1991 Mazda Eunos**, JCI '04, asking \$4000 OBO. Also selling **1997 Nissan March**, JCI '05, asking \$250 OBO. Call Leah 090 7466 0181 or <Idaziens@aol.com>

\*\*\*\*\*

(Exp. Aug. 14) **1994 Ford Festivia**, JCI '04, asking \$1800 obo. Email Tim at <robtim@essex.navy.mil> or <brazesh80@hotmail.com>.

\*\*\*\*\*

(Exp. Aug. 14) **1996 Suzuki Cervo**, JCI '06, asking \$1800. Call Chaplain Pelikan 34 3074.

\*\*\*\*\*

(Exp. Aug. 21) **1994 Honda City**, JCI' 06, asking \$1400 OBO Call Heriberto 252 8589.

\*\*\*\*\*

(Exp. Aug. 21) **1996 Toyota Corolla Station Wagon**, JCI' 05, asking \$1500 Call 080 5204 4958

\*\*\*\*\*

(Exp. Aug. 28) **1993 G/T Nissan Skyline**, asking ¥8,000. Email <Aomori72@aol.com> or call 090 9406 6240.

\*\*\*\*\*

(Exp. Aug. 28) **1991 Nissan Primera**, JCI' 06, asking \$1,800 OBO. Call Roland @ 252-3701 or 252-8370.

\*\*\*\*\*

(Exp. Aug. 28) **1989 Toyota Mastersurf**, JCI' 05, asking \$1800 OBO. Call Amor 252-2125 or 252-8133.

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(Exp. Aug. 28) **1993 Toyota Ceres**, JCI' 06, asking \$1500 obo. Call Warren or Cora 252-7343 or 090 9727 9829.

## LOST AND FOUND

CFAS Security has several unclaimed lost & found items, including cell phones, keys, eyeglasses, backpacks, clothing items, jewelry, ATM cards, wristwatches, ID cards and personal items.

If you are missing any items of this type, please stop by the Security Office (next to the front gate) or call 252-2392 to claim your property.

\*\*\*\*\*

## MISCELLANEOUS

(Exp. Aug. 7) Two small kerosene heaters \$20/ea or \$30 for both. Three fan-style electric heaters \$20/ea or \$45 for all 3. Call 090 1971 0581.

\*\*\*\*\*

(Exp. Aug. 7) Sofa bed \$150, Sony MD player \$150, Refrigerator Japanese model \$100, Rice Cooker \$75. Coffee maker \$25, Vegetable steamcooker \$10, Airbed \$25, Digital exercise slider \$5. Call 25 0582 or email <anthony\_segara@hotmail.com>

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(Exp. Aug. 7) Feeding chair \$50, Musical mobile and baby moniter combo \$25, Bouncer \$20, Snugli newborn soft carrier \$15, Diaper genie \$10, Infant tub \$10, Two baby walkers \$5/ea and Baby moniter \$5. Call 25-0582 or email <anthony\_segara@hotmail.com>

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(Exp. Aug. 7) 17" Sony color TV w/stand and VCR asking \$150. Call 252-2273.

\*\*\*\*\*

(Exp. Aug. 7) Phone right for sale \$300. Call Alice at 252-7370.

\*\*\*\*\*

(Exp. Aug. 7) Two parakeete birds free to good home. Call 090 3521 5962.

\*\*\*\*\*

(Exp. Aug. 7) Maternity clothes size large five outfits \$50, Two baby gyms, walker, swing, car seat, baby backpack, jar food, baby bottles w/liners, clothing and shoes for infant boys (3 - 12 months) \$50. Girls clothes 2T - 4T \$15. Call 252-8555 or 080 3223 9162.

\*\*\*\*\*

(Exp. Aug. 7) Two Kerosene tanks w/battery pump \$25, Transformer for electronics \$100, Convection Oven \$30, Two clothes racks \$10, J-Phone prepaid w/charger no minutes \$35, Phone rights \$225. Call Katherine at 252-8536.

(Exp. Aug. 7) Altec Lansing speaker system \$55, Epson stylus printer \$50, New AK31 Socket A AMD Athlon Processor Shuttle motherboard \$65, 7 piece living room suite, Sofa, Love seat, Coffee table, End table, Sofa table, Lamp, Plant stand, call ahead to view. Call 252-8455 or 090 4586 4947.

\*\*\*\*\*

(Exp. Aug. 7) Cho celing lights, shoe racks, spices and turning rack, knife set and pots and pans. Call 252-8202.

\*\*\*\*\*

(Exp. Aug. 7) Wanted, small TV stand, Trampoline, Queen or King bed frame. Call 252-8202.

\*\*\*\*\*

(Exp. Aug. 14) One and a half year old male Shih Tzu mix, fixed. House broken and sleeps in his kennel at night. Call Rick 252-8184 or 090 9589 9840 or 080 1907 0911.

\*\*\*\*\*

(Exp. Aug. 14) Phone rights \$250 OBO. Hot Carpet \$50. Canister vacuum, fan with timer \$40. Call Leah 090 7466 0181or <Idaziens@aol.com>

\*\*\*\*\*

(Exp. Aug. 14) Compaq Presario 1625, 24x CD ROM, Free scanner and software asking \$250 obo. Email Tim <robtim@essex.navy.mil>

\*\*\*\*\*

(Exp. Aug. 21) Seiko Kinetic Divers watch asking \$350. Pearl Diamond ring asking \$110. Mens wedding band asking \$50. Ruby ring with diamonds asking \$700. Email <Greg.aomori72@aol.com>

\*\*\*\*\*

(Exp. Aug. 21) Phone rights asking \$250. Call Anna 50 8351 or 080 5247 1775

\*\*\*\*\*

(Exp. Aug. 21) Black dresser w/ six drawers asking \$75. Balck television entertainment center asking \$75. Phone rights asking \$400. Call Melissa 252-7406

\*\*\*\*\*

(Exp. Aug. 21) Let me help you select the right plant for your gardening skill and/ or location. Call 252-8455 or 090 458 64947.

\*\*\*\*\*

(Exp. Aug. 21) 7 piece living room suite. Includes sofa, love seat, glass top 2 drawer curio coffee table, ent table w/ 1 drawer, 1 suite lamp, and 1 3'2"s plant stand. all for \$900. Call 090-458-64947 to view ahead.

\*\*\*\*\*

(Exp. Aug. 28) Phone rights \$225. Call Scott @ 080 3944 6046.

\*\*\*\*\*

(Exp. Aug. 28) Looking for a good used car? Give me a call and I will take you to a place and provide all the Japanese translation FREE. Please email Aomori72@aol.com or 090 9406 6240.

\*\*\*\*\*

(Exp. Aug 28) Phone rights \$250. Used Eddie Bauer playpen w/bassinnet, asking \$50. Used Double Stroller, asking \$50. Previously viewed DVDs Moulon Rouge and Jay and Silent Bob Strike Back, \$10 each. Please call Rick or Jennifer at 252-8359.

\*\*\*\*\*

## HOME BUSINESS

### IMPORTANT INFORMATION!

Home-based businesses require CFAS approval, and WON'T be advertised in the Sasebo Soundings without it. Applications for Command approval are available through the SJA office, Bldg 80 or call 252-2103 FMI.

\*\*\*\*\*

P.A.W.S. Pet Rescue Organization. If anyone desires a pet, please call Shirley at 252-7158 to inquire about puppies or cats and Iura at 252-7322 to inquire about kittens or dogs. If anyone needs to find a home for a pet, please only contact us if you still have your pet after you've advertised at least two weeks in the Soundings. Donations are always welcomed and may be left at Paws and Claws with Brandi or Sandra.

\*\*\*\*\*

New English instructor in Sasebo. Possesses Bachelor's Degree in Communications. Scheduling classes now for all age groups. Availability is limited, so call now. Hario. 080-3223-9162 or 252-8555.

\*\*\*\*\*

Pampered Chef Consultant. Hello. My name is Florence Franks and I am a consultant in your area. BOOK YOUR SHOW TODAY and receive a gift for hosting your show, 10% discount card good for one year, bonus points for FREE Products & more... New Spring/Summer Catalog available. New Products. Call me anytime @ 080 5201 7164 or ext.7302. Thank You.

\*\*\*\*\*

Several locals interested in meeting learning partners; you share a little English and in turn, they'll teach you Japanese.No monies exchanged. <mori@post.cc.sasebo.ac.jp> or 31-2863.

\*\*\*\*\*

Experienced in teaching children and adults, will provide private English lessons to single students or groups. Morning and weekend classes available. Call Gina at 252-7264 or 090 4221 9211.

\*\*\*\*\*

Want to learn conversational English? I offer lessons in my home for individuals, groups, children or adults. Day or early evening lessons times available. Main base.Please call 252-7186 or 080 5050 6010.

\*\*\*\*\*

American Cooking Class. Practice your English and learn to cook traditional American foods at the same time! Day and evening classes are available. Call Nina at 080

5211 0174.

\*\*\*\*\*

Experienced Math Tutor. Does your child need some additional help learning math? Can tutor all levels (from elementary to high school). For adults, college algebra tutoring is also available. Individuals or groups are welcome. Please contact Nina via email <ninasilverman@hotmail.com> or call 080 5211 0174 to set up a lesson.

\*\*\*\*\*

Therapeutic Massage. Relax, regain a sense of ease in your body, release stress and injury related pain. Specializing in a range of techniques tailored to your needs from deep tissue to gentle, rebalancing cranio-sacral therapy, plus pre & postnatal massage. Certified with over 18 years of experience. Convenient main base home office. Call Beth 252-7300 or 090 5725 5463.

\*\*\*\*\*

Experienced in teaching English to non-native speakers. Will work with individual or group. Flexible hours. Call me at 252-8169.

\*\*\*\*\*

French Language tutor contact Pierre at 090 3734 3509 or

### Just to note...

- 1) Classifieds run for three consecutive weeks. **Home Business Classifieds** run until further notice from either CFAS or advertiser.
- 2) Submission deadline for next *Sasebo Soundings Classifieds* is **Tuesday, 5 p.m.** at [\*\*soundings@cfas.navy.mil\*\*](mailto:soundings@cfas.navy.mil)
- 3) Advertisers are responsible for ensuring their ads are updated as necessary.
- 4) Home business ads are approved by CFAS through the SJA office and CSO. Ads will not be run without a copy of CSO's signed *Request to Engage in Private Employment*.
- 5) **ONLY SOFA-SPONSORED PERSONNEL MAY ADVERTISE IN SASEBO SOUNDINGS CLASSIFIEDS!**

*Sasebo Soundings Editor*

email <cramoisii@hotmail.com>

\*\*\*\*\*

Stars and Stripes delivers to your on base post office box. As a service to Stripes readers, the Sunday edition of Stars and Stripes is offered seven days a week. Look for the specially designated vending machines at the following locations: Bayside Food Court, Main Base Post Office, McDonald's and the Hario Home Store. FMI, we are located in Bldg PW-47, first floor, across the hall from the Navy Legal Services Office (NLSO), or call us at 252-3890.

\*\*\*\*\*

Need a Massage? 1 hour \$45, 1 1/2 hours \$60. 2 hours, \$80. Swedish, Deep Tissue, Foot and Facial Massage. Can pick up from Main Base. Call Sandra, Certified Massage Therapist, 090 5024 7139 or 34 5321

\*\*\*\*\*

Pacific Pixels Photography Specializing in family, silhouette and kimono studio/outdoor photography. Also, modeling package for Japanese modeling agency. Professional and personable; quality portraits that will give lasting memories. A time to have a relaxing time and enjoy a true professional photography experience. Photo session begins at \$35.00. Packages begin at \$45.00. Some packages include CD of photos and postcards. Call Shirley at 252-7158 or e-mail <shirley@pacificpixels.com>

\*\*\*\*\*

Child Find is a DoD program which actively seeks to locate and identify children through the age of 21, who may need developmental or education or related services. If you think your child has a disability, call 252-3600 (EJ King School), or 252-8800 (JN Darby School).

\*\*\*\*\*

English Language Instructor-Call for lessons at 25-6563.

\*\*\*\*\*

Language Instructor-Japanese or English, private and group rates. Children and adult classes at your convenience. FMI call 34 7957.

\*\*\*\*\*

Are you concerned about your child's growth, health, motor skills or development? Early Intervention Services offers services to children from birth to age 3 and their families. These services may include help with communication problems, behavioral concerns, motor skills, delayed growth & development etc. FMI, call EDIS at 252-3888.

\*\*\*\*\*

Today's Memories by DeMauro. From portraits to parties. We cover it all, we're MD Photography. Give us a call. 252-8147. Check us out on the web at<www.mdphotography.net>

\*\*\*\*\*

ADSL/Broadband setup and computer support; As the former USOnet Manager, I can help you get started with faster internet access by setting up your ADSL or Broadband connection-set up fee is \$60. If you do not have a network card installed, no problem I can install one for you. Also, if you need computer support, I only charge \$50, for the first hour and \$25 for each additional half hour. Call Ernest Perez 252-8687 or 090 8394 6907 for an appointment.

\*\*\*\*\*

Learn conversational English in Hario or at your home. Lessons for children, adults, individuals and groups. Call 252-8300 or 090 9604 3996.

\*\*\*\*\*

Piano Instructor, four year degree in Music, four years experience. Children and adults welcome. Flexible schedule. Call Kristina at 252-8310 or 080 3223 8943.

\*\*\*\*\*

## HELP WANTED

These are the most up-to-date announcements made to

Sasebo Soundings as of Wednesday, 12 p.m.

## SASEBO ELEMENTARY & E.J. KING HIGH SCHOOL

Open-continuous Vacancy Announcements: Applications for the following open-continuous vacant positions are accepted. If you are interested in any of the positions below, please submit your application now. Our Personnel Office in Okinawa maintains the applicant files. Qualifications: Applicants must be U.S. citizen and dependents of active military or DOD civilian personnel. Please call 252-3600 (for Sasebo ES) or 252-3059 (for King HS) or drop by the schools' offices for more information. Positions: Substitute Teachers, TP-1702-AA, \$87.50/day Educational Aid (General), GS-1702-04 Educational Aid (Special Education), GS-1702-04 Educational Aid (Sure Start), GS-1702-04 Office Automation Clerk/Assistant, GS-0326-04/05 Secretary, GS-0318-05/06 School Support Clerk/Assistant, GS-0303-4/5/6/7

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## J.N. DARBY ELEMENTARY SCHOOL

Open Positions for Darby Elementary School. All applicants must be a US Citizen and have SOFA status to be considered. J. N. Darby is now accepting applications for substitute teachers. Applicants **must** have a high school diploma. 15 college credit hours preferable. J.N. Qualified candidates must have a high school diploma, be a U.S. citizen, and be SOFA sponsored. Educational Aid (Special Education) GS-1702-4: Typical duties and responsibilities: Assists teachers and administrative staff by distributing testing materials, developing audio-visual tactile aids, tutoring selected pupils, supervising independent study, making field trip arrangements, or working with pupils to develop student self-helpskills.Minimum Qualification requirements: ability to cooperate with children with disabilities . Candidates should describe experience;

education and /or training that demonstrates their ability to provide support services to children with disabilities in an educational environment. Include all experience gained in any capacity with disabled individuals in an educational, social, or recreational environment which provided knowledge of the specialized requirement of disabled individuals.

\*\*\*\*\*

## COMMUNITY BANK

Community Bank is looking for an energetic team player for a 20 hour teller position. If you are a hard worker and interested in the financial services industry, please contact Jamie or Kimberly at 252-3963, for more information. Prior cash handling and customer service preferred.

\*\*\*\*\*

## VODAFONE

Vodafone, Sasebo Military Division is looking for part time applicants. If interested, please send your resume to: <vodafone-sasebo@aiores.ocn.ne.jp> or contact Vodafone manager at 252-3563.

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## HARIO DECA

CPA is now accepting applications for deli/bakery workers. Approximately 20-25 hours per week, \$6.50/hr. Please call 252-8956.(

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## STARS AND STRIPES

Stars and Stripes has a continuing need for newscarriers in the Main Base and Hario Housing areas. FMI, call 252-3890 or visit us in PW-47, first floor, across the hall from the NLSO.

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## AMERICABLE

Americable is accepting applications for a Customer Service Representative, part time approximately 25 - 30 hours a week. Must speak English and Japanese, be able to use Excel, MSWord and other common office programs. Previous customer service skills preferable. Apply in person at Building 96 Main Base across from Navy Legal. No phone calls, please.

\*\*\*\*\*

## UMUC

University of Maryland University College is seeking applications to teach from individuals with a master's degree or doctoral from a regionally accredited university in mathematics, English, business, computer studies or related fields. Application forms available at the Maryland office in the Community and Education Center (BLDG 155). A complete application would include a resume and copies of graduate and undergraduate transcripts.FMI, please call the Maryland main office in Japan at DSN 252-3690.

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## USO

Looking for someone interested in providing great customer service! Must be flexible, able to work various locations and hours. Stop by the Fleet Landing or Nimitz Park for an application.

\*\*\*\*\*

## RELIGIOUS MINISTRIES

### DEPARTMENT

Full time pianist needed for Hario Village Protestant worship services. For more information please contact CFAS Command Chaplain Office at 252-3380. (Contract position).

\*\*\*\*\*

## MWR

### REGULAR FULL-TIME POSITION:

*Sailing Center*

**Maintenance Worker**, \$10.29/hr. Open until filled.

**FLEXIBLE POSITIONS:**

*Youth/Teen Center (HV/MB)* **SSN Required**

**Recreation Aide**, \$8.42/hr. (Teen/Pre-Teen Programs and School Age Care Programs)

*Bowling Center*

**Cook**, NA-04, \$9.58/hr

*Sailing & Outdoor Recreation Center*

**Recreation Assistant** (Sailing), NF-02, \$8.39/hr

**Recreation Assistant** (Paintball), NF-02, \$8.39/hr

*Theater (Showboat/Hario)*

**Snack bar Clerk**,NF-01, \$6/hr

**Motion Picture Projectionist**, NA-05, \$9.12/hr

*Fleet Fitness Center*

**Recreation Aide** (Gear Issue), NF-01, \$6.00/hr (Hario)

**Recreation Assistant** (Adult Sports), NF-02, \$8.39/hr (MB)

**Maintenance Worker**, NA-02, \$9.12/hr

*Galaxies*

**Bartender**, NA-05, \$9.12/hr

**Bar Assistant**, NA-05, \$7.91 per hour

**Cashier**, NF-01, \$6/hr

**Club Operations Assistant** (Duty Manager), NF-02



MWR Athletics  
252-3588

# SASEBO SPORTS

Sasebo Sports  
Report  
252-2290

## Captain's Cup softball gets underway at Nimitz Park



Dragons catcher Sean Breit sets his sights on knocking one out of the park during Captain's Cup Softball action at Nimitz Park. (Official U.S. Navy Photo by JOSA Jeff Johnstone)

At the beginning of the year, MWR Sports hosts a year long 'Captain's Cup Challenge' for the various Commands of Sasebo. The Captain's Cup pits commands against one another in activities designed to build morale, teamwork, and competition among the commands in Sasebo, afloat and ashore.

The commands competing include: USS Essex, USS Juneau, USS Harper's Ferry, USS Fort McHenry, USS Safeguard, USS Patriot, USS Guardian, CFAS Shore Command, SeaBees, and various Tenent Commands. The command with the highest overall point total at year's end will be honored at the MWR Athletic Banquet in December. MWR also honors the top male and female athletes based on Intramural, Club, and Varsity Sport participation throughout the year.

The 2004 Captain's Cup Softball kicked off on July 26 with two weeks of round robin games followed by a double elimination tournament. Current points for teams are CFAS 370, USS Guardian 270, Patriot 140, Safeguard 100, Essex 100

## Fitness tip: Run for cover; protect your skin from the sun

**Alec Culpepper**

MWR Fitness & Aquatics Director

**Run early or late** The sun is most damaging between 10 a. m. and 4 p. m. Running earlier is better, because there's still a residual ultraviolet effect in the afternoon.

**Don't hide behind a T-Shirt** If you're ultra sun sensitive, it's possible to get sun damage through a shirt because T-shirts only offer a Sunscreen Protection Factor (SPF) of about seven. "A T-shirt loses some of its already minimal sun protection when you sweat," says Mark Rubin, M. D., assistant professor of dermatology at the University of California at San Diego.

**Save Face** Always protect your face with sunscreen and caps. **Watch Your Top** The scalp was never designed to get sun, so cancers develop more quickly and are more aggressive if they occur on a balding scalp.

**Don't Ignore Your Legs** They don't burn as easily, but they're still accumulating damage. Be smart and wear sunscreen even if you are trying to get a tan.

and Fort McHenry 50.

There are other Captain's Cup Events offered throughout the year including Ultimate Frisbee, Table Tennis, Team Power Lifting, Golf, Team Tennis, Armed Forces Day 5K, Sports Trivia Bowl, Billiards (8-Ball), Inner-tube Water Polo, Strong Man Competition, Swim Meet, Darts, Track Meet, Quickball, Indoor Soccer, 4-on-4 Flag Football, Floor Hockey, Team Bowling, Drinking & Driving Awareness 5K, Team Racquetball, 99 Islands Road Race, and a 5K Relay Race.

If you are interested in participating in any of the Captain's



CFAS left fielder Darrin Russ rounds second base on his way to third in Softball action against the ACU-5 Dragons Wednesday night. (Official U.S. Navy Photo by JOSA Jeff Johnstone)

Cup events, please contact the Recreation Service Officer or Command Sports Coordinator for your command, or stop by the Fleet Fitness Center Office.

## Sports results, upcoming events:

### Spring Softball Finale Tournament

Champions: Bone Crushers  
Runners Up: Fire Dreams  
3rd Place: Essex  
MVP: Bone Crushers Team  
Sportsmanship Award: Swanson, E. Bone Crushers  
Best Offense Player: Corless, J. Bone Crushers  
Best Defense Player: Epperson, T. Fire Dreams  
League Champions: Fire Dreams

### Spring Basketball Finale Tournament

Champions: Harpers Ferry (H-Town)  
Runners Up: Juneau  
3rd Place: Wolf Pack  
MVP: DeGroat, Harpers Ferry (H-Town)  
Sportsmanship Award: Bauers, M., Wolf Pack  
League Score Leader: Raby, K., Hitmen  
League Champions: Juneau

### Caliente Noche One Pitch Softball

Champions: Hitmen  
Runners Up: Essex  
3rd Place: Dragons  
MVP: Kentzall, D. Hitmen  
Sportsmanship Award: Santos, E. Hitmen  
Best Official: Duncan, M.

### Prediction 5K Fun Run

Saturday, August 21. Run starts at 9 a.m. in Nimitz Park. Enjoy this 5K run where the winner isn't the fastest time, but the runner who is closest to their predicted time! Awards will be given to top predictors in each division. Watches not allowed! Entries Due: Wednesday, August 18.

### Admiral Nimitz Golf Classic

First Tee Time is at 7:30 a.m.  
Saturday, August 7, Tsukumo Golf Course.  
This tournament is a four person scramble, peoria handicapped. Register as early as possible to guarantee a spot. Please contact the Fleet Fitness Center to determine green fees for this tournament. A \$5 fee is required at the time of registration. Entries are due no later than Aug 3.

### Splash-n-Dash Biathlon

Sunday August 15, 8:30 a.m. Main Base Pool.  
Event will begin in the pool with a 500m swim followed by a 4K jaunt across base. Awards will be given to the top finishers in each division (Youth, Adult, Fleet, Masters, Senior). Entries due to the Fleet Gym Office by Wednesday, August 11.